**RESEARCHERS MAP HOW ALZHEIMER’S PATHOLOGY SPREADS ACROSS BRAIN NETWORKS**

Capitalizing on recent advances in neuroimaging and genetic biomarker research, scientists have been able to identify specific pathways by which tau and beta-amyloid, two proteins that are hallmarks of Alzheimer’s disease, accumulate in the brain over time.

The NIA-supported researchers also found that the patterns of tau and beta-amyloid accumulation were related to specific genetic profiles, providing better understanding of Alzheimer’s disease risk and possible new avenues for diagnosis and monitoring of the disease.

Improved technology makes possible for intensive, side-by-side comparisons of how tau and beta-amyloid spread in the brain in distinctive patterns. Using this technology, researchers were able to reveal nuances into how, even in disease, the brain follows a dynamic and complex network of circuits and connections.

The study was led by Dr. Jorge Sepulcre and Dr. Keith Johnson of The Gordon Center for Medical Imaging at Massachusetts General Hospital and Harvard Medical School, and Dr. Reisa Sperling, director of the Center for Alzheimer Research and Treatment at the Brigham and Women’s Hospital and (Cont.) Page 4

**ALASKANS SERVING ALASKANS FOR 35 YEARS**

Alzheimer’s Resource of Alaska is a story with a humble beginning in 1980 and steady, gradual growth into the institution it is now.

When sisters Rebecca Clement and Beverly Tallman learned that their mother had dementia, they quickly discovered that there was little information and few resources to help them provide the best care possible for her.

With little resources available, they decided they would create their own resources. To start, they formed the first Caregiver Support Group for individuals in similar circumstances.

By 1984, their network had grown and they incorporated under the name “Alzheimer’s Disease Family Support Group.” From the beginning, Becky and Bev were determined to make this resource available to all Alaskans. They traveled around the state with the help of their husbands, both pilots, to gather and distribute information. More importantly, they ventured to ensure that other families and caregivers didn’t have to take this journey alone.

Little by little, the organization gathered resources and expanded its capabilities. The sisters applied for and received their first grant in 1984 for $28,000. This money was used to expand information, referral and educational services, provider consultations, trainings, family consultations, and support groups.

In 1986, the organization realized the need, and was finally able to open an office in Fairbanks. A special “Buffalo Bar-B-Que” fundraiser, featuring a buffalo gunned down by Becky herself, helped to raise the necessary funds for opening the new office.

Even as the organization grew, the mission to support all Alaskans remained the same. The only thing that changed was the increased (Cont.) page 5
### Staff

<table>
<thead>
<tr>
<th><strong>Administration</strong></th>
<th><strong>Care Coordination</strong></th>
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<tbody>
<tr>
<td>Pamela Kelley</td>
<td>Rebecca Marinelli</td>
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<tr>
<td>Samantha Gordon</td>
<td>Takiya Abdurashid</td>
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<td>Lorraine Guyer</td>
<td>Kimberly Adkinson</td>
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<td>Vanda Hoecher</td>
<td>Amy Anderson</td>
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<td>Tami Balts</td>
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<td>Melissa Saulnier</td>
<td>Brandy Barnes</td>
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<td>Sarah Blastick</td>
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<td>Debra Burt</td>
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<td>Gabriela Harbison</td>
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<td>Sarah Lawrence</td>
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<td>Erin Lusk</td>
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<td>Audrianna (Audri) Mengel</td>
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<td>Joe Morgan</td>
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<td>Niima Radford</td>
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<td>Elizabeth (Liz) Smith</td>
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<td>Brad Whistler</td>
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**Statewide**
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**www.AlzAlaska.org**
Stay connected via Facebook and Twitter
@AlzAlaska
Letter From The Executive Director

Welcome to 2019!

The start of a new year is a traditional time to take stock of where we’ve been and where we’re headed. Throughout our thirty-five years of existence, Alzheimer’s Resource of Alaska (ARA) has grown and adapt to a changing world in order to meet a wide array of challenges facing the Alaskans we serve. Our rich history and future plans are collected for you in the article Alaskans Serving Alaskans for 35 Years on Page 1.

The most noticeable change for ARA in the New Year occurs in the Mat-Su Valley where the need for our services is growing along with the area’s population. To meet that need, we have expanded our offices by relocating to the Mat-Su Health Foundation Building at 777 N. Crusey Street, Suite B101, Wasilla. The facility is beautiful, and we know that our clients, caregivers and all who attend our classes and events will feel very welcome and comfortable there. We’re opening our doors officially on January 2, 2019, and look forward working even more with the Aging and Disability Resource Center (ADRC) located in the same building.

Since Alzheimer’s disease was identified more than 100 years ago, its causes and the pathway to disease-modifying treatments and cure have remained mysteries. But the increases in research funding, particularly in the last decade, have begun to show promise in these important areas. We know more now about environmental and genetic risk factors, how the disease progresses, how it affects the brain, and what biomarkers are associated with the disease. Investment in the basic research and translational studies will be key to our ultimately unlocking the mysteries that allow for early and effective interventions and the cure. The article on page 1 is a particularly good example of recent progress that scientists have made in understanding how the brain works as dementia appears.

Our best wishes to you, whatever transitions the New Year brings to you and your family. We are an organization dedicated to the well-being of our fellow Alaskans; it’s this dedication that is the source of our longevity as we collaborate with Alaskans to deliver person-centered services.

We hope the lengthening days make the new year look bright for you,

Sincerely,

Pamela Kelley
Executive Director
professor of Neurology at Harvard Medical School. The team used data from the Harvard Aging Brain Study and the Allen Human Brain Atlas.

In a brain with Alzheimer’s disease, abnormal deposits of tau and beta-amyloid do not randomly appear, but instead show unique spatial patterns that follow the brain’s existing connected neural networks. To better understand how tau and beta-amyloid interact with and influence each other, the researchers looked closely at 3-D brain network and gene maps and found that both tau and beta-amyloid were associated with genes devoted to lipid metabolism, and that the APOE E4 gene—a risk factor for Alzheimer’s disease—played a central role in the relationships of these genetic networks.

The scientists found common genetic background for the malfunction of both proteins. The findings showed that in addition to APOE, other variations in genetic pathways shared by tau and beta-amyloid could trigger their accumulation.

The study also found that tau propagation was associated with an axon-related (parts of neurons that pass messages away from the cell body) genetic profile, while beta-amyloid’s spread was connected with a dendrite-related (parts of neurons that receive messages from other cells) genetic profile. The researchers hope this new understanding of tau and beta-amyloid’s propagation patterns can be combined with a person’s genetic profile to help develop precision medicine approaches for improved diagnosis, monitoring and therapies for Alzheimer’s disease in the brain.

This research was funded in part by NIH grants K23EB019023, T32EB013180, R01HL137230, R01-AG027435-S1, P50-AG00513421, R01AG046396, P01-AG036694 and 1RF1AG052653-01A1. Reference: Sepulcre J et al. Neurogenetic contributions to amyloid beta and tau spreading in the human cortex. Nature Medicine. 2018 Oct 29 doi: 10.1038/s41591-018-0206-4. [Epub ahead of print]

Patterns of pathology progression in the human brain using network-based PET imaging. (Image courtesy of Dr. Jorge Sepulcre.)

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### Memory Cafés

**Anchorage**

Anchorage Senior Activity Center  
1300 E 19th Avenue, Anchorage  
Every 2nd Thursday  
01/10, 02/14, 03/14, 1-2:30pm

**Wasilla**

Wasilla Area Seniors, Inc. (WASI)  
1301 S. Century Circle, Wasilla  
Every 3rd Tuesday  
01/15, 02/19, 03/19  
1-2:30pm

An opportunity for persons living with dementia and their care partners to socialize and enjoy entertainment with peers.

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Pick.Click.Give.
means of support the organization was able to provide. In 1992, the organization affiliated with the Alzheimer’s Association and the name changed to “Alzheimer’s Association, Alaska Chapter.” This affiliation made it possible for the organization to begin respite services across the state. An additional office was opened in Juneau.

In 1994, the organization became certified to offer in-home services under the Medicaid Waiver Program. Two years later Care Coordination services began, and in 1998, an office was opened in Palmer. At this point, the organization offered Education, In-home Services, and Care Coordination, and spent the next fifteen years growing in those services to provide the best care possible.

This led to the development of the “Building Our Future” campaign in 2002 with the sole purpose of finding a building that would meet ARA’s growing needs. Two years later, the organization had enough money to purchase its current headquarters office located on Abbot Road in Anchorage.

In 2001, the board voted to disaffiliate from the Alzheimer’s Association. The Association was moving to focus on research and policy advocacy at the National level, while our board was determined to continue directing its efforts on serving and supporting Alaskans. The organization continued to grow, and by 2001, had added a major goal to its strategic plan, “Obtain additional space to accommodate services and staff.”

In 2007, the strategic plan emphasized education and support services with specific objectives of advocating for increased funding. A grant was awarded to the organization by the Mat-Su Health Foundation on a three-year commitment to increase the availability of In-home Services in the borough.

Receiving the Alzheimer’s Disease and Related Dementias statewide grant in 2011 allowed the organization to expand again on its education services. The ARA Research Fund was also established with the University of Alaska Foundation to support research in the state, specifically at UAF’s Alaska Basic Neuroscience Program.

In 2014, ARA proudly celebrated 30 years of supporting Alaskans. While tremendous growth had been achieved, the organization could still say that it always stayed true to Bev and Becky’s original mission. Offices in Anchorage, Fairbanks, Juneau, and Palmer allowed for staff and volunteers to truly provide services for Alaskans in need across the state.

In 2015, the board faced a difficult decision. The implementation of a federal mandate, Conflict Free Case Management, required ARA to discontinue providing both Care Coordination and In-home services.

After several months of careful consideration, research into all available options (including duplication of services), and much difficult deliberation, our Board of Directors determined that we would move forward with Care Coordination, transitioning all our clients and In-home service workers to local providers in their community.

Over the span of the next three years, the Care Coordination Resource of Alaska program increased its number of Care Coordinators from a staff of 11 to 24. As of fiscal year 2018, CCRA was able to reach 965 individuals.

On January 2 of 2019, to meet the expanding needs in the Mat-Su Valley, our local office was relocated to the Mat-Su Health Foundation building in Wasilla, located at 777 N. Crusey Street, Suite B101, Wasilla.

Since 1980, ARA has been the leading source of information, support and services for individuals with Alzheimer’s disease and related dementia. The organization continues to provide programs and services that ensure the highest quality of life for all vulnerable Alaskans.
We are proud to announce that as of January 2, 2019, our Mat-Su Valley office is at a new location. Find your new Alzheimer’s Resource of Alaska and Care Coordination Resource of Alaska of Wasilla at:

777 N. Crusey Street  
Suite B101  
Wasilla, AK 99654

We look forward to serving you in the new year!

Pictured: Our new home in the Mat-Su Health Foundation Building

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Announcements... STAY IN THE LOOP

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Amblin’ for Alzheimer’s

15 years

Saturday, May 4

Turn your steps into hope and support Seniors and those affected by Alzheimer’s disease or related dementia.

Register today at AlzAlaska.org

Fundraise for a chance to win generous prizes from our sponsors!  
Registration: Adult: $25 Student & Military: $20 Child & Seniors: $15  
Time TBD, Anchorage Golf Course, 3651 O’Malley Road, Anchorage

Alzheimer’s Resource of Alaska - Winter 2019
Are you interested in helping our organization raise funds? You can be part of the story of Alzheimer’s Resource of Alaska by holding your own fundraiser.

Some examples of a fundraiser could be:

- Starting a cannister campaign at your workplace;
- Getting your favorite local coffee shop to participate in a “give it up” fundraiser. Customers can donate the cost of a “virtual cup of coffee” towards the organization;
- Utilizing Facebook or other social media to do an online fundraiser; or
- Host a “Write-A-Check” house party and invite your friends, neighbors, and coworkers.

There are many fun and unique ways that you can help raise funds for our organization and make an impact on the community. Each donation that we receive stays within the state and gives hope to vulnerable Alaskans.

For questions or help with setting up your own fundraiser, contact our development department by calling 907-561-3313, or send us an email at contact@alzalaska.org.

**Steps to Maintain Cognitive Health**

- Exercise regularly.
- Eat a healthy diet that is rich in fruits and vegetables.
- Spend time with family and friends.
- Keep one’s mind active.
- Control type 2 diabetes.
- Keep blood pressure and cholesterol at healthy levels.
- Maintain a healthy body weight.
- Stop smoking.
- Get help for depression.
- Avoid drinking a lot of alcohol.
- Get plenty of sleep.
- Receive a free memory screening at any of our ARA locations.

Northwest Geriatrics Healthcare Series for Winter

Attend our virtual classrooms from 3:00 - 4:30PM in:

- Anchorage
  1750 Abbott Road
  561-3313
- Fairbanks
  565 University Ave. Suite #2
  452-2277
  or
- Mat-Su
  777 N. Crusey Street, Suite B101
  Wasilla, AK 99654
  746-3413

Register online at Alaska CACHE at www.akcache.org

January 8 - Dementia
January 15 - Differential Diagnosis of Dementia, Delirium, and Depression
January 22 - Treatment of Behavioral and Psychological Symptoms of Dementia
January 29 - Pharmacotherapy & Describing
February 5 - Driving and Dementia
February 19 - Optimizing Safety and Well-Being for the Cognitively Impaired Patient in Primary Care
February 26 - Community Resources for Dementia
March 5 - Abuse and Neglect in Cognitively Impaired Older Adults
March 12 - Healthy Brain Aging and Dementia Prevention

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Fabiana C. Wanner

Beverly Lahn
Sarah J. Lahn
### ANCHORAGE
1750 Abbott Road, 561-3313

**ABC Presentations**
- Fall Prevention & Survival for Seniors
  - Monday, 1/14
  - 10-11:30 am or 5:30-7 pm
- Mouth Care Without a Battle
  - Monday, 1/21
  - 10-11:30 am or 5:30-7 pm
- Movie: *I’ll Be Me*
  - Monday, 1/28
  - 10-11:30 am or 5:30-7 pm

**Communication Tips for Caregivers**
- Monday, 2/4
  - 10-11:30 am or 5:30-7 pm

**Dining & Dementia**
- Monday, 2/11
  - 10-11:30 am or 5:30-7 pm
- Movie: *Alive Inside*
  - Monday, 2/18
  - 10-11:30 am or 5:30-7 pm

**Legal and Financial Issues**
- Monday, 2/25
  - 10-11:30 am or 5:30-7 pm

**Challenging Behaviors**
- Monday, 3/4
  - 10-11:30 am or 5:30-7 pm

**Overview of Dementia**
- Monday, 3/11
  - 10-11:30 am or 5:30-7 pm

**Senior Targeted Fraud & Scams**
- Monday, 3/18
  - 10-11:30 am or 5:30-7 pm

**Movie: “You’re Looking at Me Like I Live Here, and I Don’t”**
- Monday, 3/25
  - 10-11:30 am or 5:30-7 pm

**Brain Works**
- Tuesdays, 1/22-3/12
  - 10-11:30 am

**Mind Matters I**
- Wednesdays, 1/23-3/13
  - 10-11:30 am

**Mind Matters II**
- Thursdays, 1/24-3/14

### MAT SU VALLEY
777 N. Crusey Street, Suite B101, 746-3413

**ABC Presentations**
- The GEMS: Using Skills that Make a Difference
  - Monday, 1/28
  - 1-2:30 pm or 5:30-7 pm
- Sleep & Dementia
  - Monday, 2/18
  - 1-2:30 pm or 5:30-7 pm
- The Dementias
  - Monday, 3/18
  - 1-2:30 pm or 5:30-7 pm
- Savvy Caregiver*
  - Thursdays, 1/17-2/21
  - 1-3 pm
- Dementia Care Essentials*
  - Thursdays 3/7-4/4
  - 3-5 pm
  - Registration is required.
- Brain Works*
  - Wednesdays, 1/9-2/27
  - 1:30-3 pm
  - Wednesdays, 3/20-5/8
  - 1:30-3 pm
- Mind Matters*
  - Wednesdays, 1/9-2/27
  - 10:30-Noon
  - Wednesdays, 3/20-5/8
  - 10:30-Noon

### JUNEAU
3225 Hospital Drive, 586-6044

**ABC Presentations**
- Movie: *Alive Inside*
  - Thursday, 1/24
  - 5:30-7 pm
- Downsizing & Decluttering
  - Wednesday, 2/20
  - 12-1:30 pm or 5:30-7 pm
- The GEMS, Using Skills that Make a Difference
  - Thursday, 3/28
  - 12-1:30 pm or 5:30-7 pm

**Extra Offerings:**
- Awareness Presentation: When Does Forgetting Become a Worry?
  - Friday, 2/15
  - Noon-1 pm
  - Homer Public Library
  - Contact: Janice Downing, 746-3413
- Virtual Dementia Tour
  - Saturday, 2/16
  - 10-4 pm
  - Homer Public Library
  - Contact: Janice Downing, 746-3413

**Savvy Caregiver**
- Mondays, 3/4-4/8
  - 5:30-7 pm
- Mind Matters*
  - Thursdays, 1/10-2/28
  - 1-2:30 pm

### FAIRBANKS
565 University Ave., #2, 452-2277

**ABC Presentations**
- Movie: *Alive Inside*
  - Tuesday, 1/29
  - 5:30-7 pm

**Statewide Webinars**
- Connect with us via GoToMeeting and by Telephone

**Professional Webinars**
- Amber Smith: 586-6044
  - asmith@alzalaska.org
- Gay Wellman: 822-5620
  - gwellman@alzalaska.org

**Family Caregiver Webinars**
- Being a Friend
  - Saturday, 1/12
  - 1-2:30 pm
- Intimacy, Sexuality, and Dementia
  - Saturday, 2/9
  - 1-2:30 pm

**Savvy Caregiver**
- Saturdays, 2/2-3/9
  - 10-Noon

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**Art Links**
- Anchorage 1750 Abbott Road
  - Every Friday, 11 am - Noon
- Mat-Su 777 N. Crusey Street
  - Suite B101
  - Every Friday, 1-2:00 pm
- Fairbanks 565 University Avenue
  - Suite 2
  - Every Thursday, 11 - Noon

Registration Required
Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

<table>
<thead>
<tr>
<th>Statewide Telephone Support Group</th>
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<tbody>
<tr>
<td>Alzheimer’s Resource of Alaska</td>
</tr>
<tr>
<td>Caregiver</td>
</tr>
<tr>
<td>1st Saturday 1-2 PM</td>
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<tr>
<td>3rd Wednesday 1-2 PM</td>
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<tr>
<td>Dial in 1-877-216-1555, Code 927989</td>
</tr>
<tr>
<td>Gay Wellman</td>
</tr>
<tr>
<td>822-5620 or</td>
</tr>
<tr>
<td>(800) 478-1080 x5</td>
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<th>Anchorage</th>
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<tr>
<td>2nd Thursday</td>
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<tr>
<td>12PM-1:30 PM</td>
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<tr>
<td>Debbie Chulick</td>
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<tr>
<td>561-3313</td>
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<tr>
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<td>17545 N. Eagle River Loop Rd.</td>
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<tr>
<td>2nd Thursday</td>
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<tr>
<td>5:00-6:30 PM</td>
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<tr>
<td>5:30-7:00 PM</td>
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<tr>
<td>Joan Adams</td>
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<tr>
<td>2 &amp; 4th Thursdays</td>
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<tr>
<td>Pam Hooker</td>
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<tr>
<td>Upper Level</td>
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<tr>
<td>Call for more information</td>
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<tr>
<td>Bernice</td>
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<td>1-2:30 PM</td>
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<tr>
<td>Judy Warren</td>
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<tr>
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<td>1st Monday</td>
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<td>10:00-11:30</td>
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<tr>
<td>Janice Downing</td>
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<tr>
<td>746-3413</td>
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</tbody>
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GRANTS AVAILABLE
APPLY TODAY

Mini Grants (up to $2,500) are available for individuals with Alzheimer's disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources.

Email applications or questions to: ksilver@alzalaska.org.

Visit AlzAlaska.org or call 1-800-478-1080